

## A good night's sleep is linked to school success

Studies prove that getting even one more hour of sleep each night can help your child do better in school. She'll be more alert and able to pay attention. She'll remember material with greater accuracy.

To help your child get the recommended 10 hours of sleep each night:

- Follow a schedule. Try to have designated times for meals and snacks; homework; reading and other recreation; and bedtime.
- Get your child active and outdoors. Exercise and fresh air help kids sleep better.
- Avoid bright screens for one hour before bedtime.
- Create a bedtime routine. Brush teeth, take a bath, put on pajamas and read a brief story. Review something positive from the day. Then, lights out.
- Make your child feel safe. Put a night light in her room, if necessary. Tell her you'll check on her periodically.

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